

Fitness Study Volunteers Wanted!

at Greenville Aquatics and Fitness Center

Requirements:

Age: 17-80

Do not currently exercise on a regular basis

Non-member of Greenville Aquatics and Fitness Center

Participate in a fitness profile at beginning & end of program

Follow 6 week training program to include working out 3+ times per week
(2 classes plus one FREE personal training session weekly)

Fee: \$45 (includes use of facility & all programs available under regular membership)

Participants successfully completing the Fitness Study Requirements will receive an additional 6 weeks of membership FREE



Program Goals

Weight Reduction
Body Fat Reduction
Strength Gains
Cardio Endurance

- All participants working out an average of 3+ times per week for 6 weeks will receive 6 weeks complimentary membership to the Aquatics & Fitness Center
- No application fees (\$50 savings)
- No additional membership costs (\$46 savings)

Limited Registration

Program Dates: September 12 – October 21

For more information, contact Barbara Avery
at Bavery@greenvillenc.gov
or call (252) 329-4041